

HANS
INSPIRING EDUCATOR AWARD
— 2025 —
Teacher - The Guiding Light



Health for all

Reflections

Hans Hospital, Haridwar | Hans Hospital, Satpuli

SEPTEMBER 2025

WELCOME TO THE SEPTEMBER EDITION OF OUR EMPLOYEE NEWSLETTER, * * *



Dear Readers,

As we step into October, let's take a moment to reflect on the highlights, achievements, and inspiring moments that made September so special. Thank you for being part of our journey — your continued support keeps us moving forward.

Happy Reading!



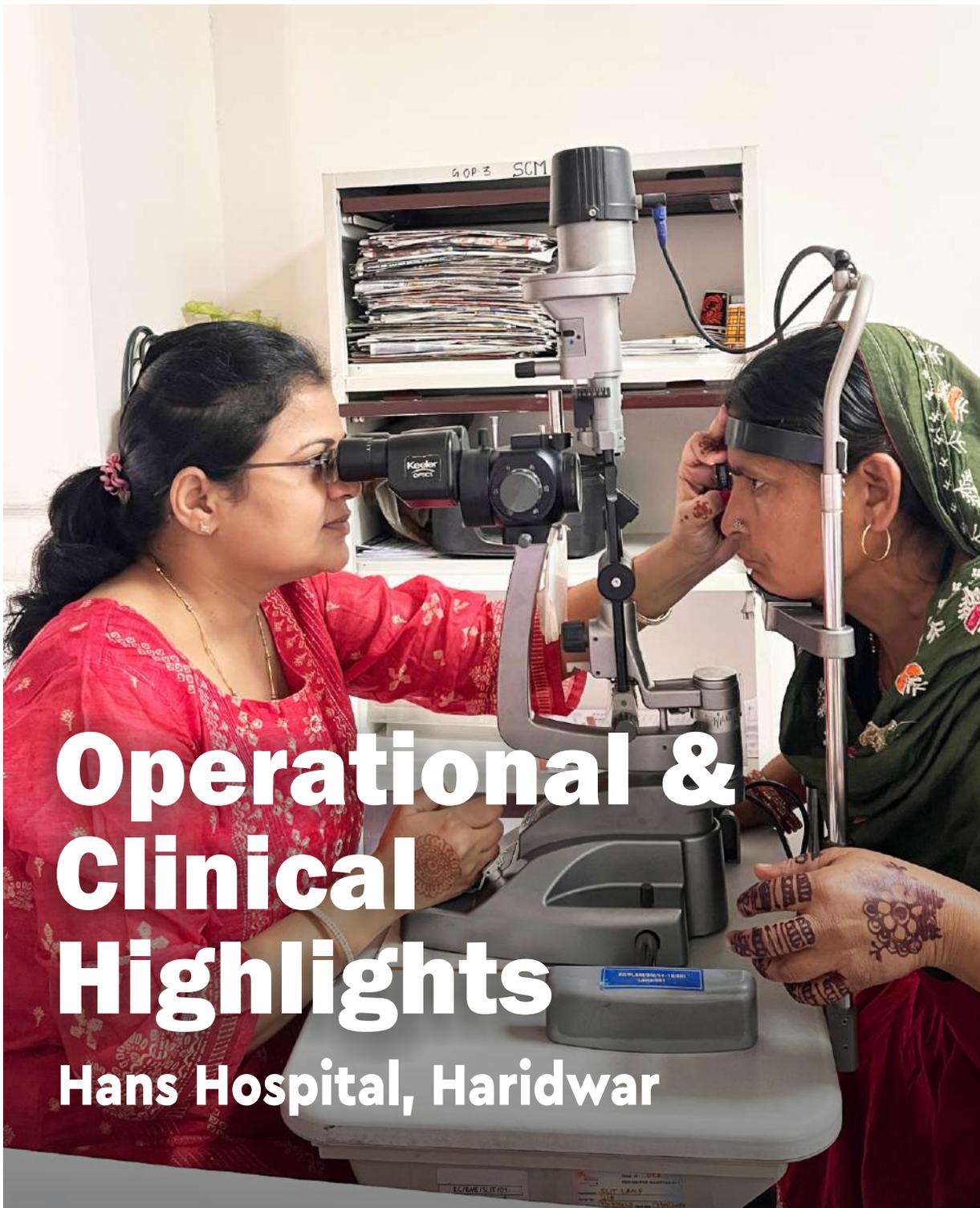
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September 2025

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Operational & Clinical Highlights

Hans Hospital, Haridwar

23,929

TOTAL OPD

Ophthalmology : 21369
ENT : 1053
Internal Medicine : 776
Orthopedics : 731

1,372

SURGERIES

Ophthalmology Surgeries : 1359
Orthopedics : 8
ENT Surgeries : 5

Hans Haridwar's 3 ENT surgeries performed at Satpuli. These surgeries are not added in Hans Haridwar surgeries.

100%

PHACO SURGERIES THIS MONTH & 0% SICS

79%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

2,786

OPTICAL DISPENSING THIS MONTH

64%

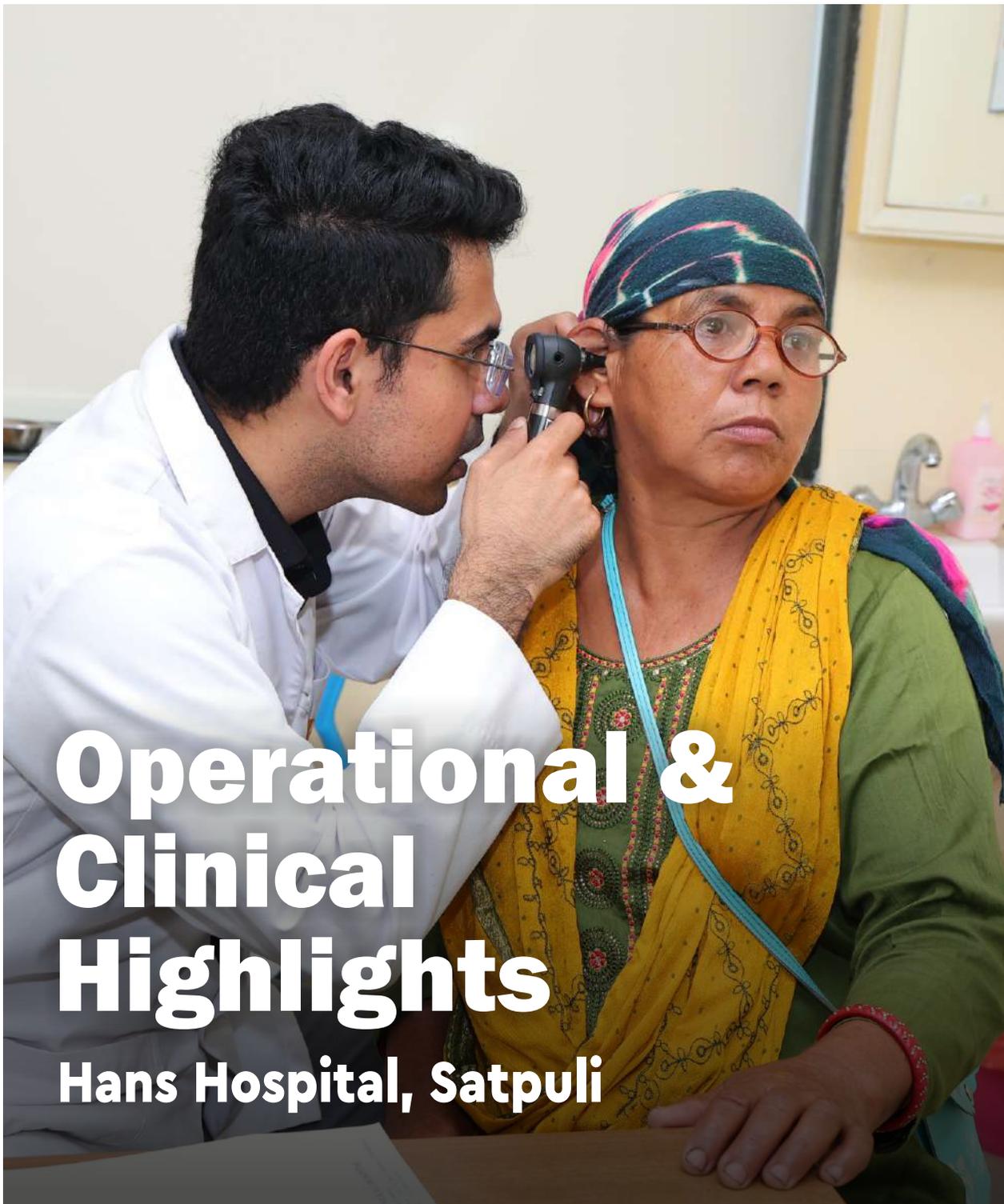
OPTICAL CONVERSION% THIS MONTH

33,759

PHARMACY DISPENSING THIS MONTH

67%

PHARMACY CONVERSION% THIS MONTH



Operational & Clinical Highlights

Hans Hospital, Satpuli

10,289

TOTAL OPD

Internal Medicine : 1541
Ophthalmology : 1818
General Surgery : 651
Orthopedics : 595
Obstetrics & Gyne : 1152
Dental : 446
Pediatrics : 304
ENT : 432
Outreach : 444
Kotdwar Clinic : 2906

1,089

SURGERIES

Ophthalmology : 909
General Surgery : 115
Orthopedics : 35
ENT : 30

2,430

RADIOLOGY

X-Ray : 1446
ULTRASOUND : 984

45%

NEW PATIENT%
THIS MONTH

Painless surgery has considerably impacted the patient experience.

1,361

TOTAL ADMISSIONS

Ophthalmology : 974
General Surgery : 122
Internal Medicine : 176
Orthopedics : 35
Pediatrics : 27
ENT : 27

299

EMERGENCY FOOTFALL

237

DIALYSIS

“Celebrating Milestones”



FURTHER ELEVATING EYE SURGERY STANDARDS

Precision Meets Innovation — Ophthalmic Microscope Now in Use at Hans Hospital, Haridwar.

Commissioned on **16th September 2025**, the state-of-the-art **Ophthalmic Microscope** has now been fully integrated into our surgical practice, marked by the successful. This advanced technology enhances visualization and precision during delicate eye surgeries, allowing our surgeons to operate with greater confidence, accuracy, and control. With this addition, we continue to raise the bar for patient safety and excellence in surgical eye care.

#EyeSurgeryInnovation #OphthalmicExcellence

“Celebrating Milestones”



100 SURGERIES IN A DAY AT THE HANS HOSPITAL, HARIDWAR

On 15th September, The Hans Hospitals, Haridwar, proudly achieved yet another remarkable milestone — completing 100 surgeries in a single day. This outstanding accomplishment stands as a testament to our team’s unwavering dedication, precision, and commitment to delivering quality healthcare.

A special mention goes to **Dr. Sneha**, whose exceptional expertise and tireless effort contributed to 98 successful surgeries on this day alone. Her remarkable achievement embodies the spirit of excellence that defines The Hans Hospitals.

We extend our heartfelt appreciation to our entire surgical, nursing, and support staff for their seamless coordination and dedication that made this milestone possible. Together, we continue to set new benchmarks in patient care and medical excellence.

Here’s to teamwork, skill, and compassion — the pillars of every success at The Hans Hospitals.

Patient Story of Triumph

Internal Medicine Department - Hans Hospital, Satpuli

समय पर उपचार से बची ज़िंदगी



PATIENT DURING THE RECOVERY



HAPPY PATIENT AFTER RECOVERY

कभी-कभी जीवन अचानक ऐसी चुनौती के सामने खड़ा कर देता है जहाँ हर क्षण कीमती होता है। 19 वर्षीय नेपाली मूल निवासी कमल बहादुर भी ऐसी ही एक भयावह स्थिति से गुजरे। 05 सितम्बर 2025 की सुबह वे अपने गाँव के जंगल में घास काटने गए थे। अचानक एक जहरीले साँप ने उनके बाएँ हाथ पर काट लिया। देखते ही देखते हाथ में तेज़ दर्द, सूजन और खून बहना शुरू हो गया। पीड़ा इतनी तीव्र थी कि वे कराह उठे। ग्रामीणों ने बिना समय गँवाए उन्हें तत्काल हंस फाउंडेशन जनरल हॉस्पिटल, सतपुली के आपातकालीन विभाग पहुँचाया।

अस्पताल पहुँचते ही डॉक्टरों ने उनकी गंभीर स्थिति का आकलन किया और तुरंत प्राथमिक उपचार शुरू कर दिया। उन्हें ICU में भर्ती किया गया। इंटरनल मेडिसिन विभाग की टीम, डॉ. मोनिका के नेतृत्व में, संपूर्ण जाँच के बाद उन्हें Anti Snake Venom (ASV) Injection देना प्रारंभ किया। शुरुआती डोज का असर अपेक्षित रूप से न दिखने पर डॉक्टरों ने हिम्मत नहीं हारी। निरंतर एक-एक करके लगभग 40 Anti Snake Venom Injection दिए गए। ICU में तीन दिनों तक निरंतर निगरानी और गहन देखभाल के बाद उनकी हालत धीरे-धीरे सुधरने लगी।

जब कमल बहादुर की स्थिति स्थिर हुई, तो उन्हें सामान्य वार्ड में शिफ्ट कर दिया गया। आज वे पूरी तरह स्वस्थ हैं और मुस्कुराते हुए कहते हैं — "हंस अस्पताल की टीम ने मुझे नया जीवन दिया है। मैं सदा उनका आभारी रहूँगा।" 11 सितम्बर 2025 को उन्हें अस्पताल से पूर्ण रूप से स्वस्थ होकर छुट्टी दे दी गई।

Employee Spotlight

Recognizing Our Healthcare Heroes

Healthcare Hero

ANKIT GEORGE

Nursing Supervisor

The Hans Foundation Hospital, Haridwar

THE JOURNEY SO FAR

I started my career in the nursing field with the aim of serving people with care and compassion. I hold a B.Sc. in Nursing and have a total of 10 years of professional experience, having worked with Swami Rama Himalayan University, AIIMS Rishikesh, and also gained teaching experience at Shubharti Medical College. Since joining Hans Foundation Hospital on 12th April 2022, I have continued to grow professionally, gaining valuable experience and learning from my colleagues and seniors while striving to provide the best possible patient care.

WHY I CHOSE THIS CAREER

Helping others during their most vulnerable times gives me deep satisfaction. The healthcare field allows me to make a real difference every day.

GETTING TO KNOW ANKIT GEORGE

FAVOURITE FOOD

I love simple, home-cooked food.

FAVOURITE GETAWAY PLACE

I enjoy travelling to hill stations and exploring the beauty of nature and mountains.





WHAT I LIKE MOST ABOUT THE HANS FOUNDATION HOSPITALS

The supportive environment, dedication of the staff, and the opportunity to work for the wellbeing of people inspire me to give my best every day.

ABOUT MY FAMILY

I live with my wife and baby. My parents, brother, his wife, and their baby stay in Dehradun. We are a very close-knit and supportive family who always stand by each other.

MY SOURCE OF INSPIRATION & ROLE MODEL

My father is my biggest inspiration. I have learned a lot from his discipline, honesty, and hard work.

FAVORITE PASTIME

I enjoy cooking, listening to music, and spending quality time with my family and colleagues.

A PROUD MOMENT IN MY LIFE

The proudest and most emotional moment of my life was when my baby recovered and was discharged healthy from the NICU after a long and difficult journey.



Shining Stars

September



Satyawan has been a valued member of our Projects & Maintenance team for over 4.5 years. He is known for his hard work, dedication, and the ever-present smile on his face. Always polite and respectful, he interacts with everyone with warmth and positivity, making him well-liked by all. His commitment to every task, no matter how big or small, is truly commendable. Satyawan consistently puts in his best effort and completes every job with sincerity and passion. We are proud to have him as part of our team.



Neha joined The Hans Foundation General Hospital in August 2023 as a Staff Nurse in the Ophthalmology Department. With her consistent hard work, sincerity, and strong sense of responsibility, she quickly earned the trust and appreciation of her seniors and colleagues.

Recognizing her dedication and professional competence, she was transferred to the General OT in October 2024, where she continues to perform her duties with utmost care and precision.

Her commitment to patient care and teamwork truly makes her a valuable member of our hospital family. We appreciate her efforts and congratulate her for being our Shining Star!

Congratulations to Satyawan & Neha for being chosen as our Shining Stars!



Satyawan
Projects & Maintenance
Hans Hospitals, Haridwar



Neha
Nursing (General OT)
Hans Hospitals, Satpuli

Community Engagement and Outreach

Making a Difference Together



SPECIAL HEALTH CAMP UNDER “ SWASTHYA NARI SASHAKT PARIWAR ” ABHIYAN

On 21st September 2025, The Hans Foundation General Hospital, Satpuli conducted a multi-speciality health camp at Lansdowne under the ‘Swasthya Nari Sashakt Pariwar’ Abhiyan. The camp aimed to promote women’s health and strengthen family well-being. A total of 210 patients received consultations in General Medicine, Gynecology, Pediatrics, and ENT.



EYE CHECK-UP CAMP BY THE HANS FOUNDATION EYE CARE, HARIDWAR

On 29th September 2025, at the request of the Transport Department, Haridwar, Uttarakhand, the team from Hans Foundation Eye Care, Haridwar organized a special eye check-up camp. The camp focused on the eye examination of department employees and drivers, along with providing necessary vision care advice and awareness about preventive eye health.

These outreach activities reflect The Hans Foundation’s unwavering dedication to improving community health and empowering lives through preventive and accessible healthcare initiatives across Uttarakhand.

Life Beyond Work

Hans Hospital, Haridwar

RIYA'S WEDDING BELLS!



Riya, also from the Nursing Department, began a beautiful new chapter as she tied the knot with Rohan on 24th September. Heartiest congratulations to the lovely couple — may their journey together be filled with love and laughter!

DOUBLE DIGITS FOR AARADHYA!



Anmol from the Optical Department celebrated his daughter Aaradhya's 10th birthday on 5th September with family. A joyful milestone and a reminder of how fast kids grow up — Wishing Aaradhya a year filled with laughter, learning, and unforgettable moments!

PRINCI'S LITTLE STAR TURNS ONE!



Princi from the OPD Department celebrated her son Virat's 1st birthday on 10th September with her family. The day was filled with laughter, cake, and plenty of adorable moments — happy first birthday, little Virat!

SHIVANI'S BIRTHDAY CHEERS!



Shivani from the Nursing Department marked her birthday on 17th September, surrounded by love and warmth. Wishing her happiness, health, and success in the year ahead! May her journey be filled with precious moments and the warmth of loved ones always by her side!

Life Beyond Work

Hans Hospital, Satpuli

CONGRATULATIONS, SHIVANI!



Love is in the air in the Ophthalmology Department! Shivani Jakhmola got engaged on 24th September, beginning a beautiful new chapter of her life. The entire team joins in to wish Shivani and her fiancé a lifetime of happiness, laughter, and togetherness.

FAREWELL TO DR. NITIN MUKESH



On 20th September, we bid a warm farewell to Dr. Nitin Mukesh, Consultant – Ophthalmology at The Hans Hospitals, Satpuli. Dr. Mukesh's dedication and compassion have left a lasting mark on our team and patients alike. It was an emotional moment reflecting the close bond he shared with everyone. We wish him the very best for his future journey.

SIMRAN'S BIRTHDAY BASH



Our cheerful ICU Nursing staff member Simran celebrated her birthday on 21st September in style! She marked the day with her office friends through a fun-filled outing, laughter & lots of memories. Wishing Simran a year ahead filled with happiness and success.

NEERAJ'S HAPPY BIRTHDAY GATHERING!



Neeraj Joshi from the HR Department celebrated his birthday on 17th September, made extra special by a visit from his entire family who joined in the celebrations. Here's to many more joyous moments and success ahead, Neeraj!

A FESTIVE RIDE FOR SONU!



This Dussehra brought extra joy for our OT Technician Sonu, who welcomed a brand-new Breeza into his family! A symbol of hard work and new beginnings, the car keys turned out to be his perfect festive gift. Congratulations, Sonu — here's to many happy and safe miles ahead!

HANS INSPIRING EDUCATOR AWARD —2025—

Teachers - The Guiding Light





HARIDWAR



GANESH VISARJAN



SATPULI



DURGA STHAPANA & NAVRATRI POOJAN



VISHWAKARMA POOJA



SATPULI



HARIDWAR



WORLD PHARMACISTS DAY

SATPULI



DANDIYA NIGHT

SATPULI



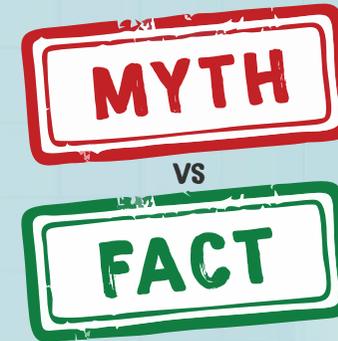
CELEBRATIONS

Hans Hospital, Satpuli | Hans Hospital, Haridwar | Hans Clinic, kotdwar

Medical Facts and Trivia :

DO YOU KNOW ?

1. The cornea is the only part of the body without a blood supply. It gets oxygen directly from the air. 
2. Your bones are constantly being replaced. Every 7 to 10 years you essentially get a new skeleton. 
3. There's a condition called "Foreign Accent Syndrome" After brain injury or stroke, a person suddenly starts speaking in a different accent. 
4. Your body has enough iron in it to make a 3-inch nail. about 3.5 grams. 
5. There are over 30 recognized blood group systems, not just the ABO and Rh — some are extremely rare and can make blood matching for transfusions a huge challenge. 
6. Fevers are your body's way of fighting infection, as the increased temperature can inhibit the growth or kill pathogens, and also enhance the function of immune cells. 



MYTH

Fevers above 104° F (40° C) are dangerous. They can cause brain damage.



FACT

Fever rarely causes brain damage unless it exceeds 107.6°F (42°C), which is extremely rare. Fever is part of your immune system's natural defense, not a danger in itself.

WELCOME ABOARD

Hans Hospital, Satpuli | Hans Hospital, Haridwar | Hans Clinic, kotdwar

INTERNAL TRANSFER

FROM HARIDWAR
TO SATPULI



Yatendra Singh
Front Office & Billing
Hans Hospital, Satpuli



Ashish Naithani
Front Office & Billing
Hans Hospital, Haridwar

FROM SATPULI
TO HARIDWAR

NEW JOINEE



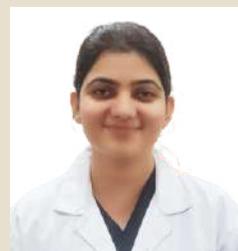
Mohit Chauhan
Optometry
Hans Hospital, Haridwar



Suman Kumari
Medical Quality
Hans Hospital, Satpuli



Kamini Negi
Optometry
Hans Clinic, Kotdwar



Dr. Sheetal
Medical Officer
Hans Hospital, Haridwar



Dr. Arvind Singh
Medical Officer
Hans Hospital, Satpuli



Dr. Parul Aggarwal
Medical Officer
Hans Hospital, Satpuli

Upcoming Events : Save the Dates

Hans Hospital, Satpuli & Hans Hospital, Haridwar



Kanya Poojan and Mata Visarjan

1st October 2025

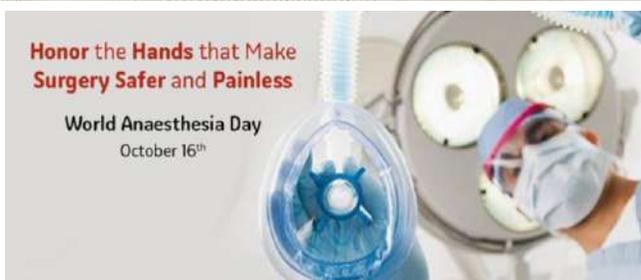
Celebrate the divine feminine power with blessings and devotion as we joyfully conclude Navratri.



Karwa Chauth Event

10th October 2025

Join us for a joyful and vibrant evening celebrating love, tradition, and togetherness.



World Anesthesia Day

16th October 2025

Honoring the skilled heroes who ensure safe and painless surgeries every single day.



Happy Diwali

18th October 2025

Celebrate this Diwali with bright colors and creativity at our fun-filled Rangoli competition!

Newsletter Contest

It's an opportunity for employees who're reading this newsletter to answer the questions below and win interesting prizes.

- Q1. What was the main aim of the health camp conducted by The Hans Foundation General Hospital at Lansdowne ?
- Q2. Who requested the special eye check-up camp organized by Hans Foundation Eye Care in Haridwar ?
- Q3. What technology was recently commissioned at Hans Hospital, Haridwar, in September 2025 ?
- Q4. Name the shining stars of this month ?
- Q5. What treatment did Kamal Bahadur receive after being bitten by a poisonous snake ?
- Q6. What optical advancement was made at Hans Foundation Hospital, Haridwar, in September 2025 ?
- Q7. Who were the new doctors who joined Hans Hospital, Satpuli, in September 2025 ?
- Q8. Who from the Ophthalmology Department at Hans Hospital, Satpuli, got engaged on September ?
- Q9. How many total OPD visits were there in September 2025 at Hans Hospitals Haridwar & Satpuli ?
- Q10. What remarkable milestone did The Hans Hospitals, Haridwar, achieve on 15th September, and how many surgeries were performed by Dr. Sneha on that day?

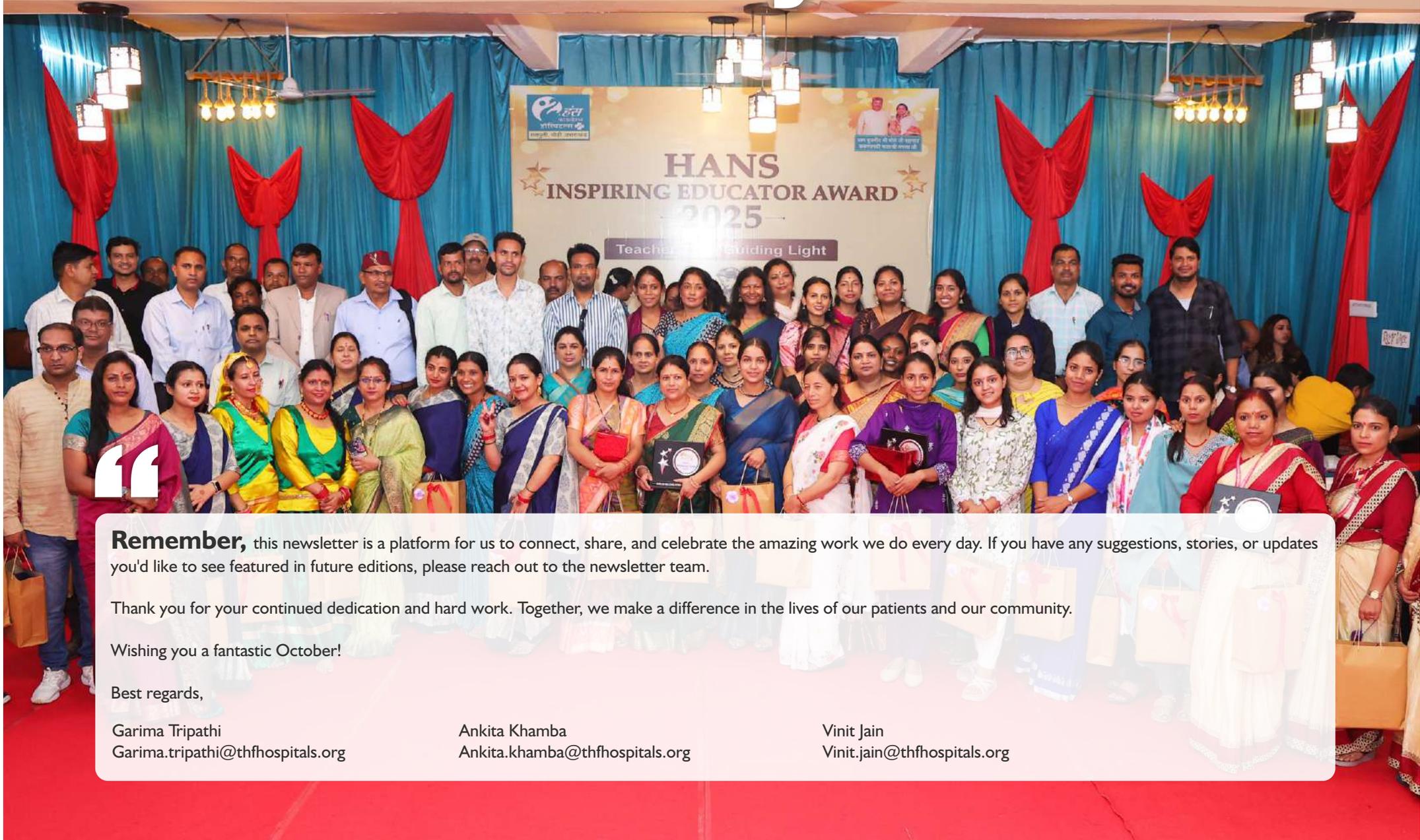
Send your answers to Ankita Khamba via-
Email: ankita.khamba@thfhospitals.org

The first two correct entries will be selected as the winners.
The winners will be announced the day after Reflections is published.



CONTEST

thank you!



Remember, this newsletter is a platform for us to connect, share, and celebrate the amazing work we do every day. If you have any suggestions, stories, or updates you'd like to see featured in future editions, please reach out to the newsletter team.

Thank you for your continued dedication and hard work. Together, we make a difference in the lives of our patients and our community.

Wishing you a fantastic October!

Best regards,

Garima Tripathi
Garima.tripathi@thfhospitals.org

Ankita Khamba
Ankita.khamba@thfhospitals.org

Vinit Jain
Vinit.jain@thfhospitals.org